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THE *Outlook* MAGAZINE

CENTRE OF CRIMINOLOGY

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NEW YEAR

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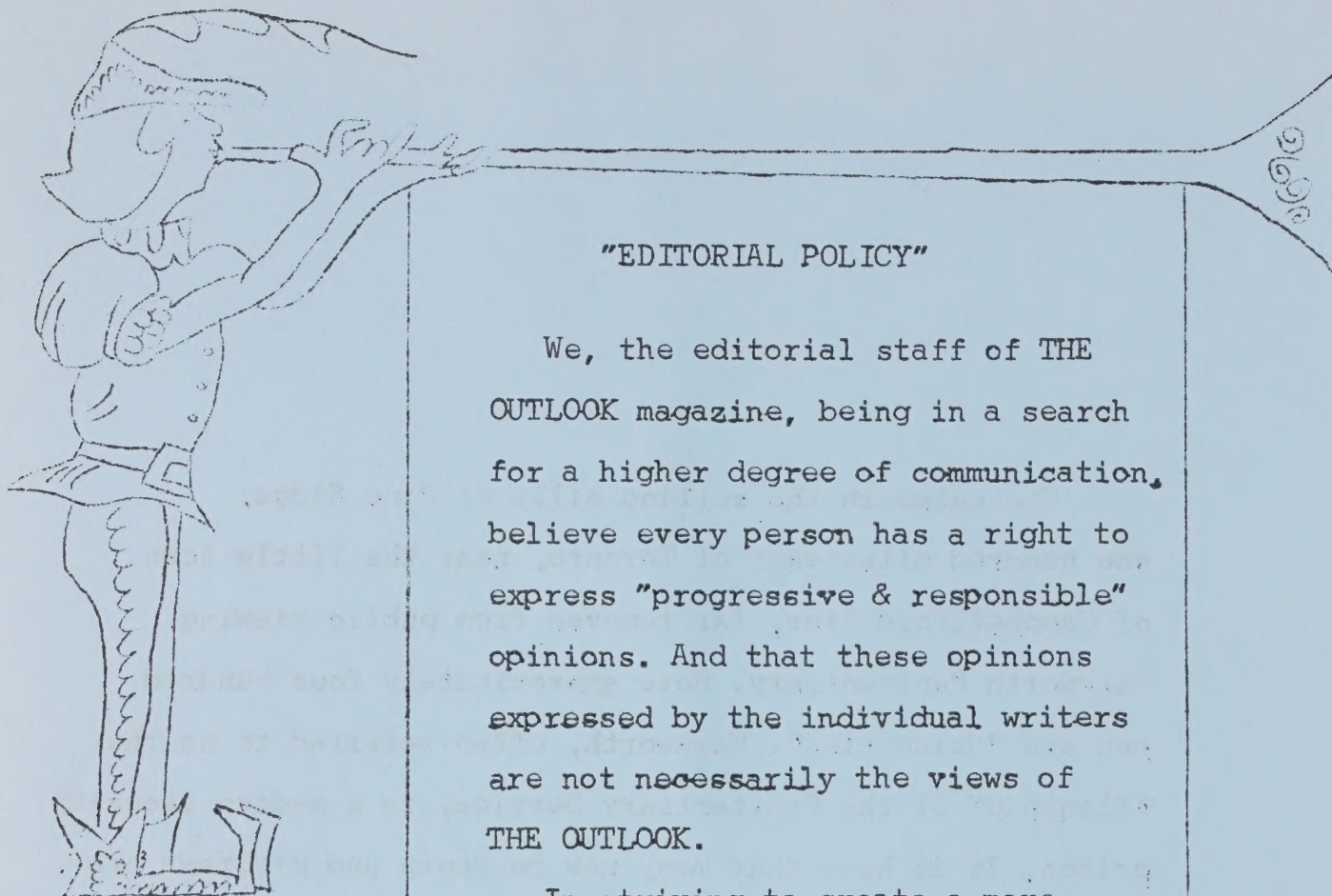
WARKWORTH
PENITENTIARY



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Concealed in the rolling hills of Pine Ridge, one hundred miles east of Toronto, near the little town of Campbellford lies, far removed from public viewing, Warkworth Penitentiary. Here approximately four hundred men are "doing time". Warkworth, often referred to as the "flagship" of the Penitentiary Service, is a medium security prison. It is here that many new concepts and programs are tried. Such as the Living Unit Concept, The Therapeutic Community, Prescription Therapy and Life Skills, all designed to try and prepare a man to re-enter society with at least an equal chance of staying out...



"EDITORIAL POLICY"

We, the editorial staff of THE OUTLOOK magazine, being in a search for a higher degree of communication, believe every person has a right to express "progressive & responsible" opinions. And that these opinions expressed by the individual writers are not necessarily the views of THE OUTLOOK.

In striving to create a more positive prison consciousness, it is our hope that these reflections will embed upon the reader a better understanding of today's prisoner.

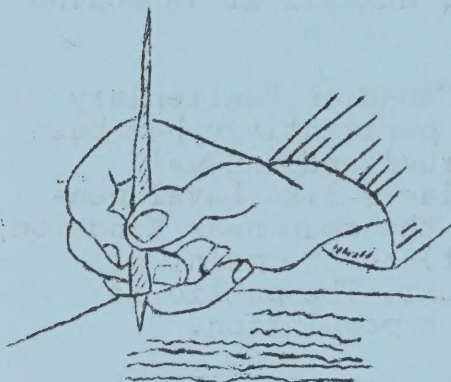
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*** The struggle to reconcile our individuality with the institutionalization around us, is a universal struggle. We here at THE OUTLOOK are a part of that struggle; as much a part of it all as you the reader... Together, we may succeed.

INSIDE THE OUTLOOK

volume 5

january '77



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A WORD FROM THE EDITOR



In thinking of a word to say at this time of the year, I find it doesn't come easy. I write this on Christmas Eve 1976, out of respect for all THE OUTLOOK stands for and all it is hoping to accomplish.

It has been a year of awakening for the Canadian Penitentiary Service indeed. Solitary confinement at B.C. penitentiary has been declared, by the Supreme Court of Canada, 'cruel and unusual' punishment contrary to basic human rights. Places like Laval penitentiary in Quebec, or Millhaven, just down the road near Kingston, have raised their voices (beyond embarrassment) to the point of discomfort in the Solicitor Generals Department. The public is demanding an answer to our over-crowded prison population.

In the midst of all this, THE OUTLOOK attempts to convey to you, the reader, what it is like to be a prisoner, in prison, in Canada. In a search for a better understanding of today's prisoner, THE OUTLOOK looks upon it's pages as an initial step towards uncovering and exposing, for the critique of the public, the 'honest' views and opinions of those individuals incarcerated in our country.

"We must endeavor to understand - to listen with both ears. If we fail to comprehend attempts at understanding the inmate, we cannot possibly foresee to reinstate him into a 'non-understanding' and 'alienated' society."

On behalf of the inmates at Warkworth, we'd like to extend our Best Wishes and Good Cheer for the New Year, to all our friends, relatives and loved ones who share in this 'incarceration'.

THE EDITOR

We invite your comments.

"LETTERS TO THE EDITOR"

CANNABIS LAWS UNJUST

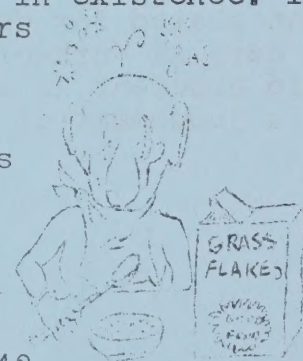
Dear Editor:

I would like to present to the readers of THE OUTLOOK an aspect relating to the decriminalization of marijuana, which I believe has not been emphasized enough to the general public.

Modern society is dependent on a variety of legally obtained prescription drugs. Some people resort to tranquillizers to relieve pressure while others use barbituates to induce sleep. Although these substances, as well as non prescription drugs such as alcohol and nicotine, have been conclusively proven dangerous and potentially addictive, they are available without threat of harassment to large sectors of our population.

The hemp derivative Cannabis Sativa (marijuana) is not nearly as dangerous as the above mentioned "legal drugs" and I believe that not a single death can be directly blamed to the use of this drug. Present legislation brands marijuana users as criminals and prejudices their freedom by claiming they are wrong in using marijuana for personal enjoyment. When I compare marijuana with other drugs, I begin to wonder just how civilized our society really is.

An analysis of the hazards inherent with the use or abuse of such drugs as tobacco, alcohol, tranquilizers, barbituates etc. in contrast to the hazards associated with marijuana use, makes it hard to understand why the unpopular laws concerning marijuana are still in existence. It also makes a person wonder whether our nations' leaders are blind to what their countrymen need or want. When a law becomes unpopular with more than an isolated segment of our society, it is time for that law to change. The unjust law labels millions of Canadians CRIMINALS, simply for what they believe. Compare and consider the difference between the legal drugs and marijuana, and ask yourself, why not decriminalize marijuana, if drugs such as the above are "legal".



Ernie Suiden #942
Warkworth

UNIT 1 PIONEERS

Dear Editor:

There are a few facts our group would like to get straight with the population. There are a lot of rumours going around about what is going on at our meetings. Some guys seem to think it is just a stall for us, others think it is a big free for all, however none of these things are true. Let me explain to you a little about our group and some of our objectives:

The Unit Pioneers program is maintained for those inmates who are Gay or admitted homosexuals and also for those who are having difficulty in

cont'd...

establishing, to their satisfaction, their own personal sexual identity.

Any person who has difficulty with his sexual identity or who is an admitted homosexual or Gay, is eligible for membership in our program. So any of you guys in the population who think you are having trouble with your sexual identity, or who are Gay and you would like to come and learn a little more about our group and possibly about yourselves, you can give your name to Randy Glynn in 10 Block.

Laurie Booth #1402
Warkworth

RE-SOCIALIZATION OF DEPORTABLES???

Dear Editor:

I would like to comment on a recently printed article in the Toronto Star entitled "Stop Sneering at Parole Programs". The author states that "prison is an unreal world in which a man can quickly become a vegetable". The article goes on to say, "Prison authorities the world over have found it helpful to permit inmates as many opportunities as possible to visit home, eat in a restaurant, dance with a girl or go to a football game. It is called 're-socialization'. It means keeping a hold on reality. The man who fails to re-socialize is more likely to commit another crime and be sent to prison again".

Examining these conclusions from the perspective of a deportable inmate, poses the question whether the authorities really care about our re-socialization. The men responsible for our physical health, should also concern themselves with our mental health. Do the authorities simply wish to extract their pound of flesh and then deport us without the benefit of re-socialization? To me this seems to be a callous and inhumane approach to this problem.

The reason stated for denial of re-socialization T.A.s to deportable inmates, here at Warkworth, is because of the high escape risk. This may be a valid argument in some cases, but a more fair and realistic policy would be a judgement of each case on its' individual merit.

Edward Michael #1633
Warkworth





REHABILITATION BE DAMNED !!!

Dear Editor:

I have just finished reading your article in the Sept/Oct. OUTLOOK, Conjugal Visits: An Alternative to Homosexuality? and I have a lot of feelings in response to the whole situation. I hope that this reaches you in time for your next issue and you seriously consider printing it. I am a regular visitor and my husband and I shall remain anonymous.

First of all I feel that your argument to deter homosexuality is weak. I agree with the psychologist in this respect. Furthermore, I think that homosexuals should be left in peace and then there would be less violence towards them in prison. The inmates own code does have its' prejudices and this is one of them. Certainly those inmates that force themselves onto others, often denying that they themselves are homosexual, using instead their so-called toughness as a front to boost their own egos and their image to others, are the worst offenders. I believe that anyone who remains homosexual does so by choice. Unfortunately this choice, in many cases, was forced on him initially by the circumstances in so many of our prisons. Whatever heterosexual desires he may have before he went in, are often brutally forced out of him, leaving his ego and self-worth so deflated that he wouldn't be able to ever approach a woman again. Maybe as inmates, you should begin by assessing yourselves and where you're at with your own prejudices and how much that has to do with perpetuating homosexuality in prisons. Live and let live isn't such a bad philosophy.

Now that I've aired my beef against the inmates, I'll air my beefs against the system and its visiting privileges. My only positive thought is that my husband will not be in there too long. I could not stand the psychological pressure I am going through again, of sitting in that room, close to him, wanting him so badly and having a minimum of 10 pairs of eyes around us. And if I'm this upset, what state of mind is he in, having to go back in there with just men? We have come to an agreement that we must limit this

In our September/October issue, an interview was conducted with an inmate who had been subjected to incarceration at an early age, and which consequently led to his "forcible" initiation into homosexual activities.

In this interview, entitled Conjugal Visits: An Alternative to Homosexuality? it was THE OUTLOOK's contention that prisons, through the lack of any available heterosexual relationships, do indeed 'promote' homosexuality.

Although there was considerable fuss, racket and controversy amongst the population concerning this article, not a comment was voiced in writing. This could be for any number of reasons.

The following are a couple of outside readers responses which we found most interesting and thought provoking. As always, we encourage you to voice your views and opinions to be expressed, in writing to: THE OUTLOOK P.O. Box 760, Campbellford, Ont...in hopes that someone just might listen.

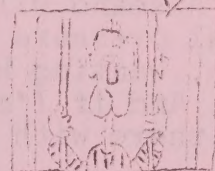
contact, for self preservation, even though the administration encourages as much contact with friends and family as possible. We all know the alternatives to relieve sexual tension, but how long can we live in a world of fantasy? I trust that he will not turn to a man for relief and he trusts me out here, but I know he still wonders and worries that I might just find someone to relieve my frustration and end up in another relationship, forgetting him. Is it fair for any human being to go through this every time he has a few hours of closeness with a loved one? A psychological pressure of imprisonment alone is bad enough and yet he must cope with another frustration encouraged by the administration! The irony is obvious. I would give my right arm for one half hour of privacy and intimacy with the man I love, to leave us both secure in the fact that I'm still out here waiting and he's still got something to rehabilitate himself for.

It is a true fact that sex is not a basic human need and the less we think about it, the less we want it. And that would be fine if there were no T.V. and no radio and no magazines and no newspapers, but the fact is that everywhere we turn we are confronted with SEX. Our advertising revolves around using sex to seduce us into buying a product. Our society is more and more permissive and open and we are encouraged to talk about sex and try to feel more comfortable with it because it is natural. We frown on our Victorian taboos and we say that society's problems would be lessened if we were more open about sex. Sweden has proven this and Sweden allows conjugal visits! How then do we stop a certain segment of our society, the inmates of our prisons (an ignored segment I agree) from thinking about SEX? The problem wouldn't be solved even if we could because when he gets out, all the other problems he now has to face would be compounded by a flood of sexual desires. Is it not obvious that recidivism could be the result of not only all the little normal frustrations of life(which he finds legitimately more frustrating than we do, due to ill-preparation for them), the longer he's in, but also the result of sexual frustration, whether he has someone to come out to or not. Any relationship, interrupted by imprisonment, suffers a severe blow and I believe that if the sexual side of a relationship were allowed to continue along with the emotional side, many relationships which now fail would continue till he's released no matter how long that might be. I know that many fellows in prison, their lives on the line as it is, are totally shattered when their loved ones give up as well. Then they give up on themselves totally and live in apathy until their sentence is over. Rehabilitation be damned! I believe that the recidivism rate is much lower amongst those who know they are loved by someone out here and they have something to work towards. When you truly love someone, you want desperately to express that love sexually, to sustain the total relationship. It is not then just a relief! I ask then, where are the common sense thinkers in the Solicitor General's Department, that they cannot see this? Where is your humanity? How many of you could not have sex with your husbands or wives, assuming that you are in love, for any length of time, without becoming bitter and hostile and mis-trustful and angry and depressed and discouraged with the system and the people preventing this? Conjugal Visits, to me, would have a peaceful and prolonged effect on the general atmosphere of tension and anxiety now existent in our prisons and the positive and long standing effects are obvious. I would almost bet that most inmates would give up some of the other physical comforts he's been so "kindly" granted, to gain the "privilege" of maintaining a total human relationship.

Thank God my husband isn't doing life.

Sincerely,

A concerned member
of society



...ONUS ON THE C.P.S. TO PROVE CONJUGAL VISITS ARE NOT REHABILITATIVE", SHE SAYS

Dear Editor:

I am a mature, realistic 29 year old woman with a three year son and husband in prison. I have no quarrel with the fact that he is in prison - an offense was committed and incarceration is the only answer society has. What I do quarrel with is the simple question - how many people does society demand pay for this one offense? Is it only my husband serving out his time or are myself and our son included in this punishment? T.V., radio and newspapers voice great concern for the "innocent victims" of a crime committed, right and compassionate feelings. But aren't wife and child just as much "innocent victims" of an exceedingly harsh system of justice and "rehabilitation"? Or perhaps harsh is an inappropriate word ...unrealistic, might perhaps serve our purpose better.

Let us take a closer look. What value does the C.P.S. (Canadian Penitentiary Service) institutions place on maintaining and encouraging survival of the family unit? This has to be an obvious plus in a man's rehabilitation. First, it allows him to work and earn a wage at a time when his wife and child are experiencing financial insecurity. His \$9 every two weeks for 'make work projects' allows him to contribute a great deal to a \$260 a month apartment rent, a \$200 monthly day care/babysitting fee, insurance, food, and medical expenses. What monies he does earn are hardly sufficient to provide for his own needs let alone those of his family. If the wife does not have the education to be self-supporting she is forced to welfare or mother's allowance - another statistic on the government's payroll.

Secondly, what consideration is given to the man who wishes to better himself (thus his family) by increasing his earning ability through attending school or learning a trade while incarcerated. Again - progressive thinking - a man can certainly learn a trade. Just sign up and wait... six months, eight months, a year. And school; basic education is taught, but what of the man already university educated but needing additional courses? Forget it! He must pay for himself out of his 'earnings' or place further demands on his wife's income in order to take such courses. A wife is willing, but the money is simply not available. So he sits and vegetates, and at some point he may be condemned (specifically by the parole board) for not trying to improve himself.

Thirdly, how much time can a family be together? A "rehabilitative thinker" made great strides in this area in helping to maintain a cohesive family unit. Husband, wife and child can be together 7 days a week for 7 hours a day if desired. This at least is a step in the right direction and the persons responsible for this policy should be commended. But, in reality is it as good as it looks? Again, let's take a closer look.

A child comes to see his father - a pleasant experience until he finds that he is shut up in a smoke filled room, overcrowded with people (most visiting is done on weekends because of distances travelled and work commitments) with no facilities provided as an outlet for his energies. If weather permits, he is allowed outside - but again- no facilities are provided for his enjoyment. What small child remembers being nagged at to be quiet, sit still, don't run, for 7 hours, as a pleasant experience and one that he wants to repeat? What should be a happy experience becomes an endurance test for both parents and child. Surely, any member of the staff (who set the policy) would not want to see his own family subjected to such conditions. So why

are the inmates and their families subjected to such? Are their thoughts, feelings and desires any different from yours? Certainly, they are not. This situation is simply another added stress on a family trying to survive an already oppressive situation.

What of a husband and his wife, or a fellow and his girl - all consenting adults - and their situation? All people have the same needs and desires - the need to touch, to communicate both verbally and non-verbally, the need for sexual fulfillment. It has been stated that sexual gratification can be delayed indefinitely (cost? Unstated!) but a person's need to be with another to have physical contact cannot. In a marriage relationship, is not sexual fulfillment the obvious and natural progression from touching, kissing and fondling? After years of sexual intimacy, to be placed in a position of having to fumble around like a couple of kids in the back seat of a car is both degrading and emotionally frustrating.

There are alternatives and this is from a wife's point of view.

- She can:
- a) deny herself and husband necessary physical contact simply to prevent the frustration involved.
 - b) she can find sexual contact outside her marriage.
 - c) she can practice masturbation as her husband is forced to do.

For one who believes in marriage, with all the responsibilities and obligations to oneself, one's husband and child, all three "alternatives" are unacceptable.

Take the first. Why have 'open visiting' if husband and wife are going to sit three feet apart so they will not touch and perhaps arouse each other? I think everyone will agree that statues belong in parks and not the Warkworth visiting room.

Now, the second alternative. Being reasonably attractive, with a normal sexual appetite, I cannot deny that I (like every other woman) find some men attractive as some men would find me the same. Why deny these feelings? They exist, they are part of living. But for one who believes in a monogamous relationship to engage in sexual intimacies outside a marriage simply because this man is available while my husband is not, runs counter to my inner feelings about the way I view my husband, myself and the effect of the above behaviour on my child. Either I love and respect my husband and remain monogamous to prevent assured paranoia (does she or doesn't she) because of my sexual habits, or I don't. To have an occasional strange face in my bed for my child to wake-up to, only gives him a distorted impression of what marriage is.

The third choice. If sex is so unimportant and any casual contact will suffice to remedy the problem, then self abuse appears to be the solution both for my husband and myself. But it is not the answer. Conjugal visits is the only realistic answer that will satisfy both the emotional and physical needs.

I believe the onus is on the C.P.S. to establish or prove that conjugal visits are not "rehabilitative" or are destructive to the good order and smooth running of their institutions. If that cannot be done (and I don't believe it can) then I can see no other acceptable alternative conducive to family unity - than to provide facilities as needed.

No one, INDIVIDUALLY, within the institutions can see anything wrong or justify realistically to himself the wrongness of conjugal visits. But COLLECTIVELY, they are incapable of doing what their conscience and good judgement say is the correct thing to do. Everyone is afraid of voicing such feelings and opinions. Fears of what superiors or peers may think

seems to matter more than following ones beliefs.

I recognize the people in power in the C.P.S. system must govern policy and proceedure by public opinion. I also realize that the public, at this point, feel inmates are spoiled, pampered and dealt with far too easily. But isn't it the duty or obligation of the power groups within C.P.S. to influence public opinion (perhaps even go contrary to it) when their good judgement tells them that a particular policy line will facilitate rehabilitation, reduce stress in the institutions, reduce stress on the family unit, and maybe reduce recidivism.

Family/social support is a great incentive. Alternatives are noy working. Is it not time for one imaginative, humane thinking, policy maker to step out of line and become a worker and a doer instead of a drone?

I am a woman who cares. I want my husband, my child and myself to survive this mentally and emotionally crippling experience somewhat intact. But we simply cannot do it alone. Someone else has to care. But this I find frightening... HE is nowhere to be found. Maybe THE OUTLOOK can find him.

Sincerely,
J.C.S.
Toronto, Ontario

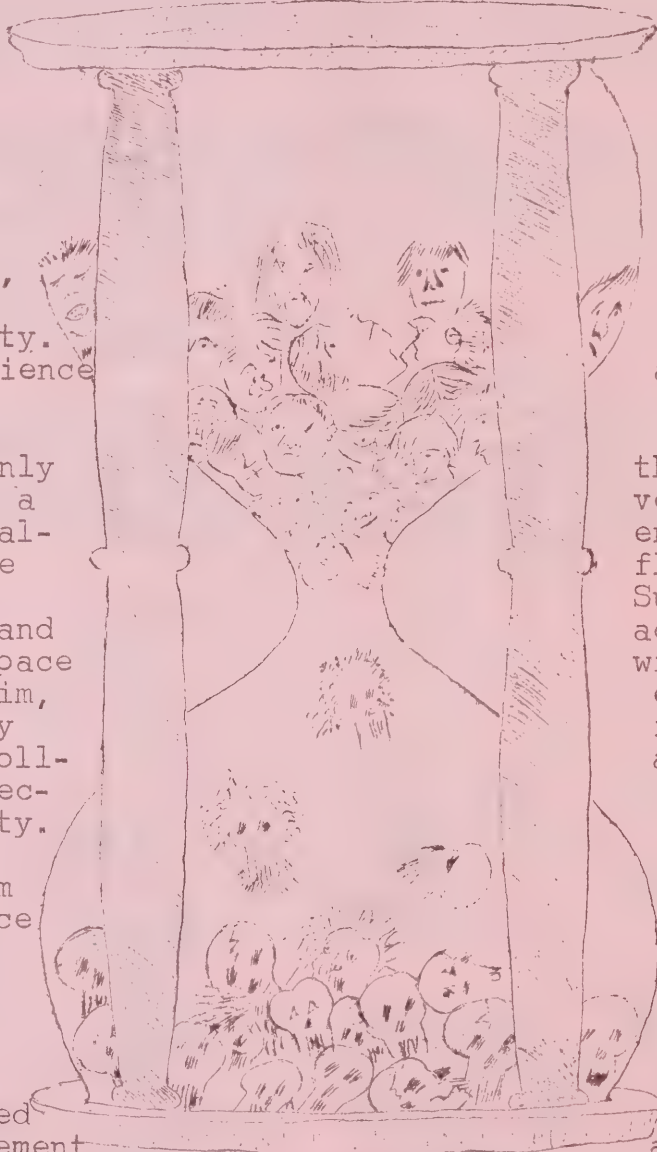
Editors Note: For the families and friends of inmates, to voice and to be heard as a group, is a start. Surely, there is much you out on the street can do, and if THE OUTLOOK can be a vehicle of your voice, it is our pleasure to be of assistance.



Perhaps the reader can recall the last occasion when he or she was required to wait - with nothing else to do but wait; on a street corner, at a doctor or dentist's office. Recall how slowly the time passed, recall how long it took for five minutes to pass when one is watching the clock. Now if you will, aggravate the situation somewhat, bringing it into closer conformity with the situation of a man in solitary confinement.

Imagine as before, that you are required to wait, not on a busy street corner, but in further that wait for half an fixed period, you an indefinite and stretched perhaps Consider that all you will have no occupying activity, mind or body away and empty immobility. how you will experience of time.

It requires only cise to understand a tion between cal-time. Calender time fixed increments. function of space and fined in a small space vity to distract him, something virtually ceases, as space coll-ishing point, subjec-out towards infinity. by sleep or drugs, most exquisite form is not an experience those who merely tend to those who This fact presents



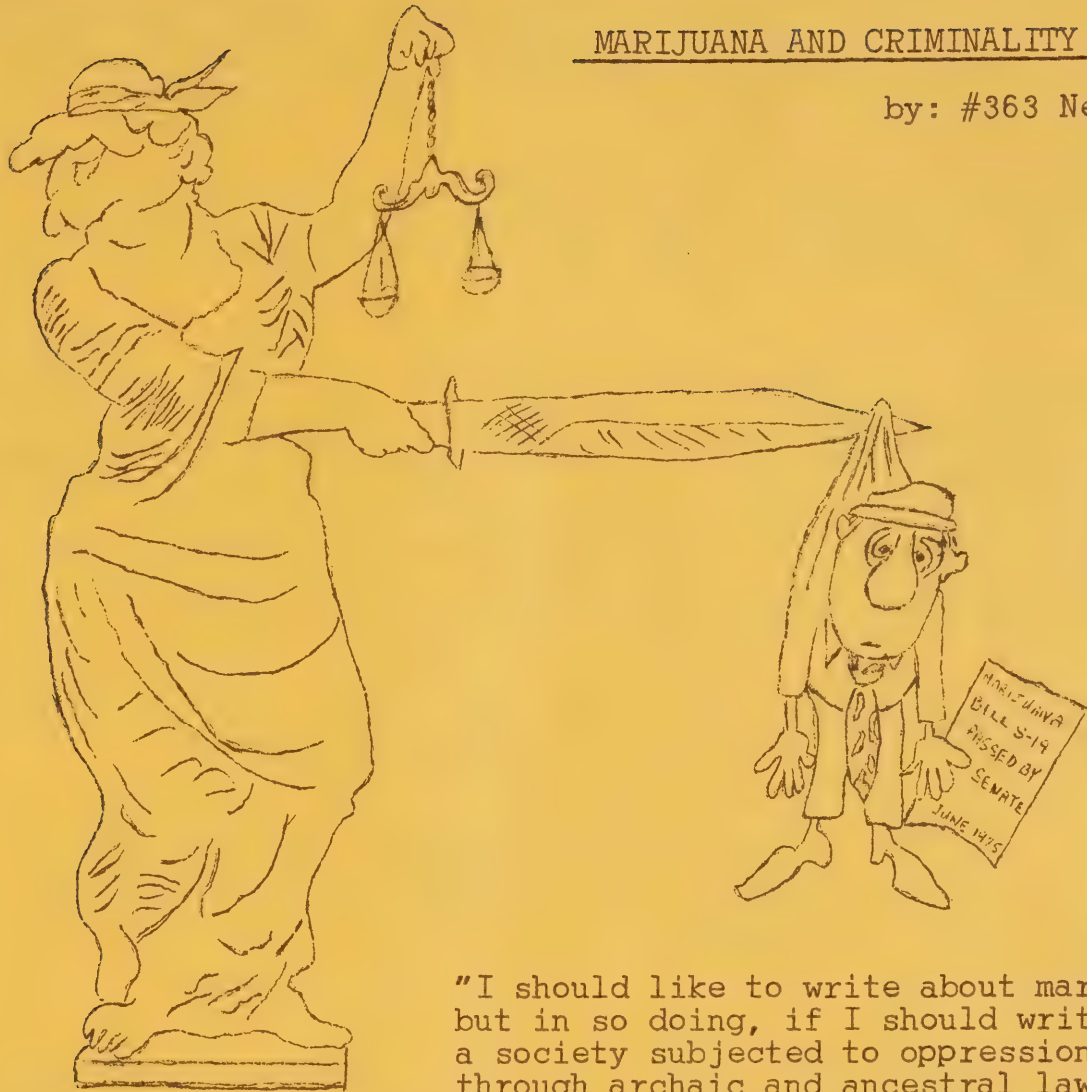
this imaginative exer-very significant dis-ender time and subjective flows onward in regular, Subjective duration is a activity. A person con- without sufficient acti-experiences time as immovable. As action apses towards the van-tive time balloons For a mind not numbed this experience is a of torture. But it easily known by watch, guard and are enduring it. a severe dilemma...

The men engaged in solitary confinement of the prisoners' torment, and basically have no comprehension. The prisoner knows this, and it is this fact, and the utter loneliness it imposes, that makes their own experience all the more maddening and infuriating.

The prisoners have at least one viable alternative to psychological suffocation; they can provoke, agitate and otherwise activate their keepers. This is their only opportunity to introduce spontaneousness and novelty in a situation which tolerates no deviation from routine and no occasion for the prisoner to initiate anything. In evaluating a prisoner, an attentive, conscientious and sincere guard, cannot understand, cannot pardon and in the end, they will not tolerate provocation from those for whom they, the guards, are "doing everything" for... and the vicious cycle is in full swing.

MARIJUANA AND CRIMINALITY

by: #363 Newman



"I should like to write about marijuana; but in so doing, if I should write about a society subjected to oppression through archaic and ancestral laws, it is for reason of, and in appeal to, society's more social consciousness".

Laws and social freedoms must go hand in hand. While marijuana may not be harmless, neither is it a terribly dangerous drug, and any risk to the user, falls completely within the ambit of choice the informed individual should be allowed in a free society. To impose unjust criminal penalties upon the individual user is far more damaging than the use of marijuana itself could be.

Our men in power allotted 13 million dollars to the Ledain Commission in 1969 for one of the world's most famous and challenging marijuana studies. Although; it was to no consequence. The Ledain Commission came back with the positive recommendation that there should be no prohibition against possession of marijuana. Now, almost eight years later, oblivious to these recommendations, parliament still refuses to enact new legislation and continues to send youthful offenders to criminal prisons.

It is unmistakably apparent these criminal laws impose on the individual and on society a burden which is so great and so unfair,

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that they are far more damaging than the use of marijuana itself could be. I suggest that the incarceration of a youthful offender in the criminal culture is far more injurious to his social development than the "purported negative" effect of marijuana use.

Way back in yestur-year (1932, to be exact), for lack of an alternative agency to control its' use, marijuana was erroneously designated with, and subjected to, the same rigorous penalties applicable to Morphine and Heroin.

A gentleman by the name of Harry J. Anslinger could be held most responsible for this "brainless blunder". As former Assistant Prohibition Commissioner, consigned to the position of Commissioner of a newly formed U.S. Federal Bureau of Narcotics, he was constrained to handle this "Indian Hemp" annoyance in the same fashion as the narcotic drugs. Marijuana was left with the Narcotic Dept. chiefly because of the (then) absence of any other federal law enforcement agency to deal with its' use. Ironically, it is of no comparison to a narcotic, and the effects have been found to be less harmful than those of alcohol.

The trials and tribulations of this "oversight", and mis-placement of marijuana with narcotics, has echoed many a man to the dungeons for years and often a life time since those heroic days.

"In Louisianna, anyone over twenty-one years of age possessing marijuana was subject to a mandatory minimum sentence of five years at hard labor for a first offense." (1)

"Life sentences were not uncommon."

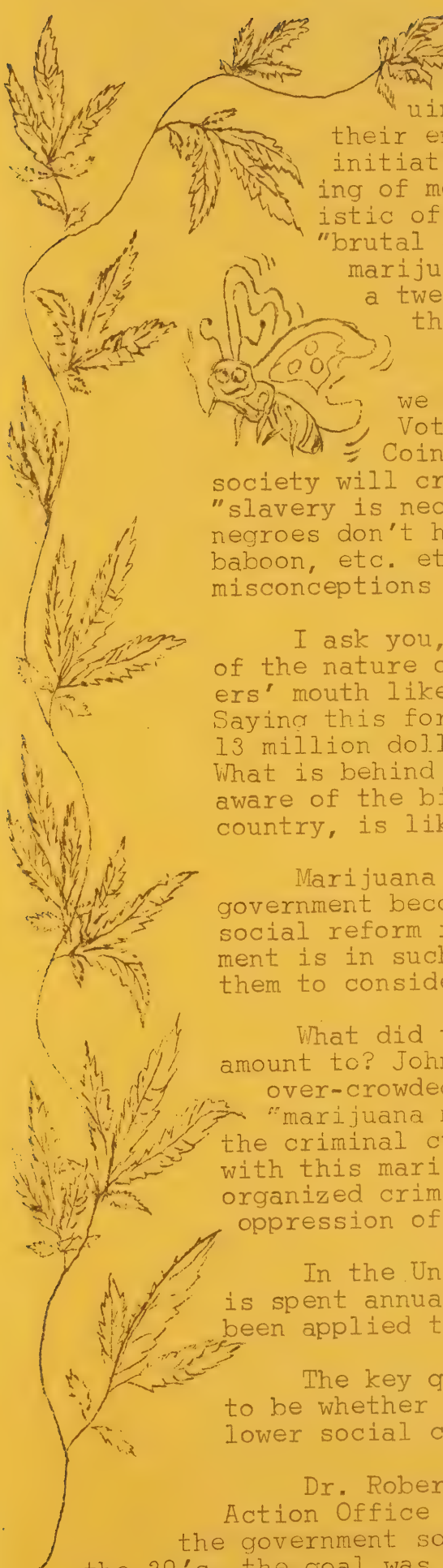
Similarly, TODAY, in Canada the importation of any amount of marijuana, demands a mandatory minimum sentence of seven years in prison. Unfortunately, the assessment of an importing charge as opposed to the lesser charge of trafficking, is left to the discretion of the arresting police, and not a court of law.

Today Canada still has these unjust, inhumane mandatory minimum sentences for marijuana. In our "enlightened, civilized" society, we are still bound to these archaic laws that will make you a present day criminal over night for simple possession.

Our parents generation, the ones most in the position to legislatively enact a change - today, are too impassive, and basically cannot seem to see past their scotch and water. These aged citizens clam up and start to shake when you mention MARIJUANA. They have suffered from falsified facts and distorted polemic information about marijuana. (Incidentally, a political maneuver used throughout history by most capitalist dictators)

The previous generation cannot be blamed entirely. This failure to anticipate and provide for reform seems to be humanities' trademark, and an impediment of mankind. Big Business Capitalists (the few who control and pull the strings in this country), think nothing of

(1) Edward M. Brecher, "Licit and Illicit Drugs" p. 414



resorting to fallacies, "fish stories", deception and outright lies. They have been doing it for centuries and are continuing to throw misconceptions to the public to profit their ends. Harry J. Anslinger went to the extent of initiating a slanderous anti-marijuana campaign, consisting of monthly periodicals from 1935 to 1943, characteristic of pure fairy tales, telling of "marijuana addicts", "brutal axe killings done while under the influence of marijuana", and the old story of a "youth jumping out a twenty story window while under the influence of this "dangerous" drug."

What are we doing to the marijuana issue that we didn't do to similar movements in the past? The Vote for Women, Slavery and the issue of Prohibition? Coined phrases like "women aren't capable of voting, society will crumble" and "we'll be set back 2000 years", or "slavery is necessary to the progress of the United States - negroes don't have soles... they aren't human"; "brother to the baboon, etc. etc. etc." Could these not be compared to Anslingers' misconceptions of the 30's???

I ask you, are these "brainless blunders" throughout history of the nature of man? Who makes words fall from our prime ministers' mouth like, "the marijuana issue isn't one of our priorities?" Saying this for the past eight years, yet draining in excess of 13 million dollars of the tax payers money at the same time. What is behind this deception? To say our Trudeau government isn't aware of the billion dollar illicit marijuana commerce in this country, is like saying Nixon knows nothing of tape-recorders.

Marijuana laws will change, when and if, this Liberal government becomes stabilized enough to contend with issues of social reform for its' people. As it is now, the Trudeau government is in such turmoil to remain in power, it's impossible for them to consider looking after the needs of its' public.

What did this 13 million dollar Ledain Commission Report amount to? John Q. Marijuana Smoker is still labelled a criminal, over-crowded prisons are still bursting with non-violent "marijuana merchants", and people still have to resort to the criminal culture to obtain marijuana. Refusing to contend with this marijuana issue, only leaves the door wide open for organized crime, judicial court backlogs and ultimately, the oppression of a once free society.

In the United States (not unlike Canada) 600 million dollars is spent annually on marijuana arrests. Dollars that could have been applied to the control of serious crime.

The key question in marijuana decriminalization today, seems to be whether the benefits of deterrence are available at a lower social cost than the current criminal sanctions.

Dr. Robert L. Dupont, director of the White House Special Action Office for Drug Abuse Prevention observed that "when the government sought a criminal prohibition against marijuana in the 30's, the goal was to eradicate the use of marijuana. Now some four decades later, criminal penalties have clearly failed to prevent widespread

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use of marijuana." He also says that there is substantial social cost in enforcing marijuana possession laws that is "tolled daily in the expenditure of criminal justice resources, the disruption of individual lives, and the corrosion of respect for the criminal law."



To sum it up, if the government in this country were any kind of governing body "for the people", it would contend with social reform and injustices to the individual, without delay. Our parliamentary rule is far out of tune with individual rights. Having no constitution in Canada, other than a tissue paper wall hanging called The Bill of Rights, our men in power could pass any law they so pleased and the public would be subjected to it. Hypothetically, if our government one day passed a law stating, "from this day forth, anyone caught in possession of marijuana shall be placed in prison for 20 years", there's not a thing the individual citizen could do about it. We have no constitution to protect the rights of an individual. This was recently shown in a Supreme Court ruling when The Bill of Rights was used to argue the "cruel and unusual" punishment of seven years minimum sentence in a marijuana case. It was flatly denied and was further said, "The Bill of Rights could not be invoked to render it (the law of the land, in this case the seven year mandatory minimum) inoperative."

Now Mr. Trudeau, it's more than time to contend with justice and individual freedoms. I suggest, it's time to put down your Cuban cigar (tobacco), look out from behind your scotch and water (alcohol) and take a serious honest look at this "autocratic injustice" you, yourself, are imposing upon the individual users' freedom... Freedom of choice in a free society... fact or fantasy???

"Unjust laws exist: shall we be content to obey them, or shall we endeavor to amend them, and obey them until we have succeeded, or shall we transgress them at once? Men generally under such a government as this, think that they ought to wait until they have persuaded the majority to alter them. They think that if they should resist, the remedy would be worse than the evil. But it is the fault of the government itself that the remedy is worse than the evil. It makes it worse. Why is it not more apt to anticipate and provide for reform? Why does it not cherish its' wise minority? Why does it cry and resist before it is hurt? Why does it not encourage its' citizens to be on the alert to point out its' faults and do better than it would have them? Why does it always crucify Christ, and excommunicate Copernicus and Luther, and pronounce Washington and Franklin rebels?"



Henry David Thoreau
(1817-1862)

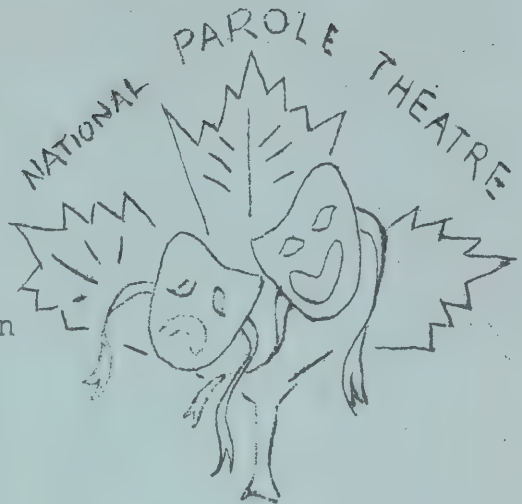
Performance by: Kiernan Farrell #2105

Vulgar charms and tatooed arms
Mingled with macho myth
Mincing queens who reign supreme
Overall they encounter with.

Tailored rules to fit the role
of every player's trauma
C.O.'s, L.U.'s to give the cues
for each unfolding drama.

The stage is set the critics wait
With poisoned pens in hand
For curtain rise and the play to begin
With a wave from the Warden's wand.

A passionate plea to end each act
T.A., Parole or Jet?
Encore, Encore!
O No, please no
O Canada, Forgive and Forget.



Thoughts of a Convict

Some day the gate will open
And I will be set free
A fact that makes me wonder
"What will become of me?"

Have I a future awaiting me
Such as the past that I have known?
Will I be accepted by others
Or forced to walk alone?

Are there opportunities of employment
For men such as I?
Or will I have to steal again
In order to get by?

What of the friends that I once knew
But haven't seen in years
Will they accept my friendship now
Without any doubts or fears?

When I go out the gate
What is there awaiting me?
Is there yet a chance somewhere
As I want there to be.

Bernie Lynch #5670

i think, i know,
i hope, i see,
in the night,
a night, a night.

above the sky,
dark torrent clouds,
upon her ears,
brilliant flash
of diamonds and dewdrops,
and all around sound
no sound of silent plants growing,
of garlands,
of blue, of green, of gold,
of golden golden sun.

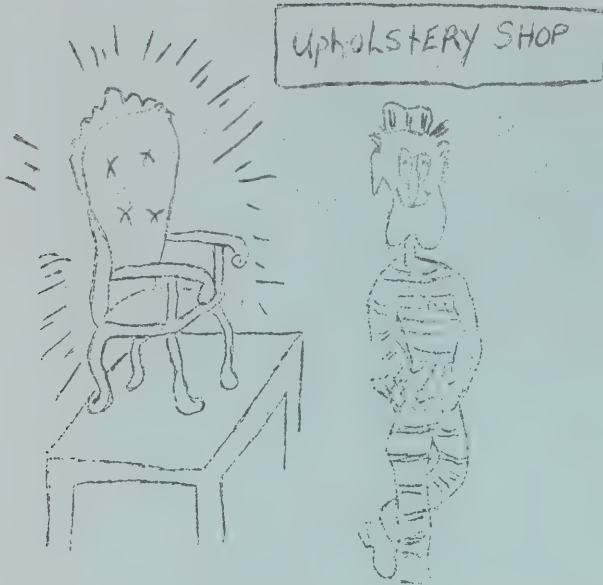
entwined in her hair,
my hand to touch,
i wish to love the touch,
of the wish,
of the wish of a lonely night.

John Grimes #1614



#18 BUILDING AND THE WELL ROUNDED TRADESMAN

by: # 363 Newman



Within a population of approximately 400 inmates, 106 men systematically journey each day to any one of the 12 various trade shops operating in #18 Building. From auto-body to machine shop, from carpentry to barbering, this is where the inmate confronts his grass-root personality towards rehabilitation. This month, THE OUTLOOK visited the Upholstery Shop and talked of production quality and inmate labour with Dick Gougeon, the shop instructor.

The Upholstery Shop has a continuous population of approximately 9 inmates and at this time, it was in the process of preparing for an Industrial Show at

Joyceville Penitentiary on November 26th. Mr. Gougeon is proud of his shop and shows a high concern for individual attention encouraging the inmate to develop his own individual creativity. He says it is, "one of the few custom works left in the building; with lots of work variety, we are turning out a well rounded tradesman".

There are numerous chairs and sofas, mostly those of the staff, (he says the inmate isn't allowed to work on anything of his own) that come in, literally from the junk yard, and leave looking fit for the most elegant of living quarters. The quality of the work is indeed impressive. Mr. Gougeon, says most of the furniture comes from the staff with a few government contracts from time to time.

His latest project is the Polypropylene Frame of which Warkworth was the first in Canada to import and produce. This frame was originally designed by NASA aero space and is a durable light weight plastic, which may soon replace the conventional wood frames. As Mr. Gougeon says, he likes to stay in "touch with the latest techniques and developments in the field, so when the inmate is released, he will be at least on a par, if not one step ahead of the market on the street." The Upholstery Shop has also developed a servicable, break-down Prototype Office Chair in which a market is hoped to be found in supplying the Federal Government.

With the demands of the Upholstery Shop higher than what can be supplied and the productivity of work done by the inmate increasing, the salary of 10¢ an hour remains, and the question of inmate wages arises. Commenting on this, Mr. Gougeon is strongly in favour of such a move and very reasonably says, "you can train a man to do a good job, but you can't train a man to produce continually without some kind of incentive".

#18 Building plays an essential part in the development of an inmate's attitude and his ability to carry on successfully upon release. With a good solid base of individual attention and mature communication on a man to man level, the Upholstery Shop seems to be taking a few steps in the right direction.

POLICE POWERS AND CIVIL RIGHTS

by: Pierre Barton



It is seven minutes to ten, Eastern Standard time, and the culprit has been nabbed at last. Plainclothes detectives and uniformed policemen hold him in the mandatory vice-like grip as Lieut. Kojak, immaculate as always, removes the licorice lollypop from his mouth and utters a timeworn phrase. "Read him his rights," says he, as we face towards the commercial.

We are all familiar with these rights like, you have the right to make a telephone call. You have the right to remain silent in the face of police interrogation. You have the right to legal counsel. Several hundred thousand Canadians rise from their TV sets, and head for the refrigerator, secure in the belief that if they're nabbed for drunk driving or an income tax evasion charge or on a drug rap, the Canadian Kojak's will respect those rights. This is straight baloney. Americans have these rights; Canadians haven't. We've all been lulled into a false belief because we watch so much American television.

You're sitting in your living room smoking a joint when there comes a pounding at the door: "Police!! Open up!!" Panic stricken, you stash the grass and turn the knob a fraction. "You got a search warrant?" you rasp. You've heard the phrase often enough in the movies, old and new...BUT! But this is Canada and these Police do not need a warrant. They've busted down the door and are burrowing into your stash while your still remonstrating. Then it's the station for you, baby, as Kojak would say.

But at the station they don't follow the standard Kojak pattern. Nobody reads you any rights and so with a sly smile, you pretend not to notice the oversight. You talk cheerfully to them in the sure knowledge, gleamed from the tube, that anything you say under these circumstances will be inadmissible in any courtroom. Wrong! Inadmissible in any American courtroom, yes; but damning evidence against you here in mountie-land.

Or maybe you cause to suspect that your phone is being tapped. You're careful, of course, but you don't worry all that much because you know it's illegal to tap your phone and evidence obtained illegally can't be used against you in court. You know that from reading TIME magazine. What you don't know, unless your a barrack-room lawyer, is that the leads the police gather in this illegal way are generally admissible in Canada, though never in the U.S.

YOU AND YOUR RIGHTS: The reason you do not know is because the authorities are not about to tell you. They are perfectly content to let you believe what you see on U.S. TV. In fact it helps them to let you believe it because it makes it easier for them to get you to talk. A Toronto lawyer named Walter Fox who's looked into the whole matter and hopes to write a book about it, thinks that a lot of policemen want us to be confused by television. Whether it is true or not, there is no doubt at all that the American mass media have again convinced large numbers of Canadians that

there's very little difference between the two countries. In this case, as in others, the confusion has worked to our personal detriment.

Just to set the record straight, let's understand certain basic principles of Canadian Law and Jurisprudence: the police are under no obligation to inform you that you have the right to remain silent and that you have the right to counsel. If you insist on seeing a lawyer and the police refuse to allow you to see one, any voluntary statement you make to them without a lawyer present, is still admissible in court. Evidence, even if gathered illegally, can still be admissible in a Canadian court of law. Leads gathered by police as a result of unlawful wire-tapping or tape recording can be admissible in a Court of law even if the illegal recording isn't. This is directly opposite to the American practice where, under what is called "the fruit of the poisonous tree doctrine" no evidence gathered in this way can be produced at a trial.

Under the narcotic laws, certain police officers have the unqualified right to enter any premises apart from your own home without a specific search warrant if they have "reasonable cause to believe that drugs are present." And certain policemen - generally mounties - armed, only with a Queen's Writ of Assistance, can break into your home without a warrant. Ours is one of the few countries in the English-speaking world that allows such latitudes. The Writ of Assistance and the police powers under the Narcotic Act and the Food and Drug Act, make a mockery of the Canadian Bill of Rights, a weak document that allegedly guarantees that security of a person cannot be invaded without due process. In actual practice, the coincidence of being in a suspicious place can be enough to provoke a bodily search. You may be enjoying a quiet beer in a tavern in a strange town during an overnight visit, for instance, and suddenly find yourself stripped naked and subjected to a rectal examination by a uniformed stranger.

WHAT CAN HAPPEN: If you think that this doesn't happen, remember the Landmark Hotel incident. Here, in the little community of Fort Erie, Ont., on the night of May 11, 1974, more than 110 customers in the bar, one-third of them women were stripped and searched by the police who swooped down on the hotel because they suspected that some of the customers were using and selling grass. The searches were extensive. The women, for instance, were subjected to rectal and vaginal examinations. The blatancy of the police attack and the fact that scarcely any drugs were discovered caused a public uproar and a subsequent inquiry that condemned the police. But the fact remains that what they did, though reprehensible, was not strictly illegal.

Would the police have pounced if the Landmark Hotel had been the Regency Hyatt House? Anybody that believes that must believe in the tooth fairy. Take the case of a similar raid some years earlier on a party of young executives in the Yorkville district of Toronto, then a hangout for young people. It wasn't grass the police were after in those days, it was demon rum.

The party wasn't much from similar parties that night in other parts of town except that it was held in one of the controversial areas of the city rather than in Forest Hill or Don Mills. Actually, the affair was breaking up when six plainclothesmen arrived, arrested 22 guests and carted them off to the Don Jail. The host was charged with that heinous Canadian crime: permitting drunkenness on the premises. The 14 men and 8 women were arrested as "found-ins". They were held all night in the

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jail without being able to make any calls to babysitters, let alone lawyers - even though several had young children at home. The women were stripped and subjected to the usual vaginal examinations and the men were stripped and doused with flea powder. At the subsequent hearings every last one of them were acquitted, but by then the damage had been done. The legal cost came to several hundred dollars and the psychological costs were incalculable. One girl lost her job over the publicity. The members of the Toronto morality squad who made the raid referred to the group as "a bunch of beatniks" and one newspaper used that phrase. It goes a long way towards explaining the incident for if the party had occurred in one of the solidier Toronto homes, had the host been a wealthy stock-broker or banker, does anybody believe that he and his guests, no matter how noisy or drunk, would have been dragged off to jail to spend the night with the usual assemblage of pimps, prostitutes, dope addicts and petty thieves? In Canada the Law works for the rich and against the poor. Our system makes that kind of discrimination easy. Especially when large numbers of people don't know what their rights are or believe they have the same rights that Americans do.

There is now a mass of evidence to support what I've just written. For the past five years, the Canadian Civil Liberties Association, through its educational trust, has been conducting surveys to find out what people know about their rights and how the police respond to those charged with an offence.

In January, 1970, the CCLA made a random study of 553 persons arrested in five major Canadian cities. The results are disturbing. Almost one-third of those who actually asked to make a phone call from jail were turned down by the police and more than two-thirds who asked to see a lawyer were denied that privilege for the first 24 hours in jail. A staggering number - almost half - didn't actually see their lawyer for three days. Most of the people arrested, two-thirds, were interrogated before they consulted a lawyer and more than half of these made statements that were incriminating.

As the CCLA later declared, in a brief to the Minister of Justice, "Even for those that managed to secure counsel it was often too late to help. By the time of the counsel's arrival, police interrogation had already produced self incriminating admissions from many accused people regarding charges against them. Faced with these admissions, most pleaded guilty..." In this way, so crucial a safeguard as the public trial became for so many a hollow ritual. For them, the effective trial was not the model envisioned by the Bill of Rights - a public hearing conducted, with the assistance of counsel, by an impartial judge. It was a private interrogation conducted by the very partial police."



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POLICE STATE METHODS: For those who believe that police efficiency is more important than impartial justice, this point of view won't have much weight, but it's well to remember that the most efficient of all forms of government isn't democracy but the police state, where confessions obtained in secret behind closed doors are the order of the day.

The CCLA has made four more surveys since and they confirm the earlier findings. In 1972, it studied a random sample of 162 persons arrested in 7 Ontario cities and found that only 11% had seen a lawyer before their pre-trial confinement. In 1973 the CCLA studied a random sample of 70 persons arrested in Toronto at night. Three-quarters were questioned without a lawyer. The police also conveniently forgot to tell them that an emergency legal service was available to them, right down the hall. Yet everything that they said was admissible in court.

In a fourth survey in 1974, 59 cases selected at random in Ottawa, London and Kenora, Ontario, proved that the situation had not changed. 84% were given no police advice or warnings of any kind. 22 people asked to make a phone call: only six were allowed to do so. Most of these people were questioned before consulting a lawyer and the vast majority made incriminating statements. A good many of those arrested, it must be pointed out, were Indians.

Again that same year, in the fifth survey of Torontonians arrested between 5 in the afternoon and 8 in the morning, the Association found that, though 85% were subjected to police questioning, not a single one had been able to call a lawyer. So much for the educational value of the KOJAK program. Suppose YOU were arrested - on a drunk driving charge lets say. Suppose you demand to call your lawyer and the police say no. Suppose you make some damaging admissions under heavy police interrogation. Will the Judge throw out your "confession" because the police acted improperly? It is very doubtful.

John Diefenbaker has reason to know. Back in 1940 in Saskatchewan he defended Mrs. Henry Emele on a murder charge. The trial judge rejected a confession because it had been improperly secured, and acquitted the accused. But the appeal court set aside his verdict. That's what is called a precedent in legal parlance.

Thirty-one years later in Peterborough Ontario, a man named John Wray (who happens to be serving time here in Warkworth) was charged with murder. The police subjected him to hours and hours of questioning, using every trick in the book, not to mention what the courts call "duress and the proper inducement". Meanwhile Wray's lawyer was prevented from seeing him and couldn't even find out where he was being held. The judge through Wray's confession out and he was acquitted. But the Appeal Court and the Supreme Court disagreed, overruled the Judge, denied the acquittal and ordered a new trial at which all the evidence improperly obtained was admitted.

OUR LEGACY: As Brian A. Crosman writes in his book, THE RIGHT TO COUNSEL IN CANADA, "the denial of right to counsel is not, in Canada, considered such an unfair practice or fundamental violation of an accused's rights as to result in the exclusion of evidence obtained in violation of that right."

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In a recent book, HOOLYWOOD'S CANADA, I argued, with considerable evidence, that the movies made about this country by Americans have brainwashed Canadians into believing that there is no essential difference between the two nations. Actually we are quite a different people, with a different history, a different geography, and above all a different set of social values, many of which spring from a historical oddity: of the 18 major nations in the two Americas, ours is the only one that did not suffer a blood bath during violent separation from the European parent and one of the very few that has not known revolution or civil war.

We abhor violence and anarchy and it is this that helps set us apart from our neighbors. It's strange that we've come to think of the United States as a law and order country because our own attitude to law and order is far more implacable than the Americans. Historically; Americans have always placed liberty ahead of order, but Canadians have tended to put order ahead of liberty. Liberty, after all, is an American word, enshrined in the document of the constitution and on the famous statue in New York harbour!!

Americans like to elect their law officers but we appoint ours. Thus the county sherrifs and town marshals of the American frontier gained their posts on the sufferance of the voters. No such grass roots philosophy clouded the thinking of John A. MacDonald when he sent the mounted police westward. In the ranching and mining states of the Union, quarrels were also settled at the grass roots level, by hastily sworn in posses, by vigilantee groups or by a single individual with a gun. In Canada, order was imposed from above by the Queen's constabulary. In California, during the gold rush of 49, came close to anarchy, the Canadian Yukon during the gold rush of 98, came close to being a police state. The Mounties directed the great stampede like an army manoeuvre, often over the protests of the Americans who always preferred to run their own affair through the democratic device of a miner's meeting. In Alaska, men were often banished, lashed or hanged by majority vote - not by the courts.

American grass-roots democracy enshrined a whole series of individual libertied: the right to carry a gun (and use it), to buy liquor in an open saloon, or to gamble at faro, poker or roulette: all of these helped contribute to the wildness of the American west. We Canadians preferred a more orderly frontier, albeit a less libertarian one. This country was not forged in the crucible of rebellion and civil war and when anarchy, violence or intemperance threaten us we tend to adopt Draconian measures.



POLITICAL ASSASSINATIONS: We have suffered only two political assassinations in this country. The first was the shooting of D'Arcy McGee, one of the fathers of confederation in 1868. The second was the strangulation of Pierre Laporte - and that did not take place for another 102 years. But in each case the country was thrown into a state of panic and shock. When

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McGee was murdered, wild rumors swept the new nation. The prime minister John A. MacDonald, suspended the "Habeas Corpus Act" and the authorities immediately rounded up more than 70 Irishmen in Montreal, Toronto and Ottawa. Most of these unfortunate and innocent victims were held in prison for 4 months without any charge against them and without any access to a lawyer. The entire country believed that the dreaded Fenians were about to invade Canada. But there was no invasion and no shred of evidence was ever produced that McGee's assassination was the work of the Fenian. It is more than possible that we hanged the wrong man for the murder.

The Fenian scare of 1868 had its parallel in the FLQ scare of 1970. Again the prime minister used a cannon to shoot at gnats. More than 400 persons were arrested in the dark of night for a crime that wasn't a crime when they went to bed. All were denied their basic rights under the War Measures Act and all were eventually released after several weeks in prison. Only two were convicted of a crime in joining the FLQ. The act, still on the law books in spite of the governments promise to change it, had nothing to do with capturing Laporte's murderers or the James Cross kidnappers.

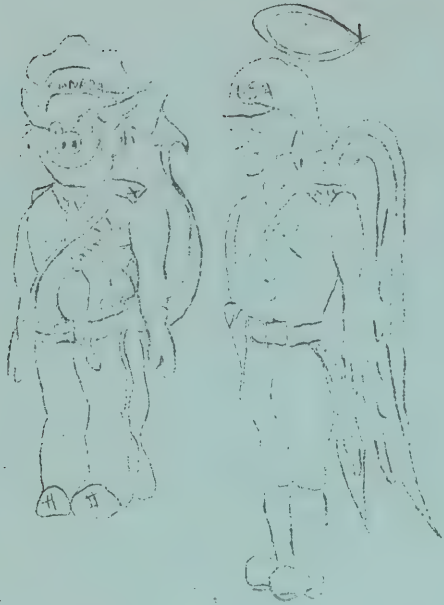
This trampling of civil rights would be quite impossible in the U.S. First, the Bill of rights - a far more powerful document than our own - would make it impossible. But I do think it is fair to say that the American People would not stand for it even were the Bill not as it is. They have seen far more political violence than we have. Nine of their presidents have been shot, or shot at.

But it has never occurred to any responsible American official to suspend Habeas Corpus or to jail people for weeks on end without a charge against them or access to a lawyer. Ours is not a country in which certain rights are inalienable. But then our constitution was not drafted by men who had been seared by the fires of revolution. We remain a monarchy. The rights we enjoy are conveyed to us at the pleasure of the crown. In modern times this has meant the pleasure of Parliament and of the Queen's ministers. Our law is the Queen's Law and not the People Law and it is enforced by the Queen's Judges and the Queen's soldiers.

CHECKS AND BALANCES: In rejecting the monarchy, the men who framed the American constitution devised a three cornered system of checks and balances: executive congress and judiciary. This explains, why the U.S. Supreme Court could reverse itself on the matter of school intergration. This helps to explain why DR. Henry Morgentaler, acquitted by two juries, was still sent to prison. The higher court over-ruled the jury because it was inconsistent with our system for a jury of the people to make the law. That remains the traditional right of the crown.

And so after this diversion through history and politics, we return to KOJAK and the matter of civil rights. Are the American KOJAKS handicapped because they can not bully a prisoner into a confession before the lawyer arrives? In our Canadian zeal for order and efficiency at any price are we really making it easier for our policemen to do their job? By forgetting all these annoying little privileges the civil libertarians insist upon, and get, are we making it simpler to catch the criminals?

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There's a good deal of evidence to the contrary. In Scotland, for example the police can not by law question anybody and if they do, the evidence so obtained is thrown out of court. Yet the arrest and conviction rate in Scotland and Canada are almost identical. Since the famous case of Miranda vs. Arizona in 1966, the U.S. Supreme Court has put somewhat similar brakes on American policemen, as every TV viewer knows. Certainly this has produced a decline in the confession rate, but oddly, the conviction rate remains the same.

POLICE EFFICIENCY: Some law enforcement authorities have come to the conclusion that when the police have less recourse to old fashioned interrogation techniques they are much more likely to improve the

quality of their professional competence. Why? Because it no longer allows them to be lazy. A former L.A. district attorney E. Younger, put it this way not long after the Miranda decision: "It begins to appear that many of these seemingly restrictive decisions are going to contribute directly to a more effective, efficient and professional level of law enforcement".

Ramsay Clark, President Johnson's attorney-general, felt that the Miranda decision could help the police. "It will force professionalism," he said. "No longer permitted to sit around the station house, asking endless questions, police will be compelled to use scientific methods of crime resolution."

This view is held also by many legal authorities in Canada. In 1969, the Canadian Committee on Corrections remarked that too much reliance on questioning might "actually be detrimental to law enforcement by removing the incentive to develop more imaginative and effective investigation techniques." Nobody has yet acted, however, on this advice. Nor has there been much of a public outcry in Canada, partly because American T.V. and movies make us believe we have nothing to worry about and partly because the same visual media subliminally applaud the efficiency of the confession. The easiest way to end a one hour T.V. crime drama is to have the villain confess to his crimes. It saves a lot of messy court cases and time consuming explanations.

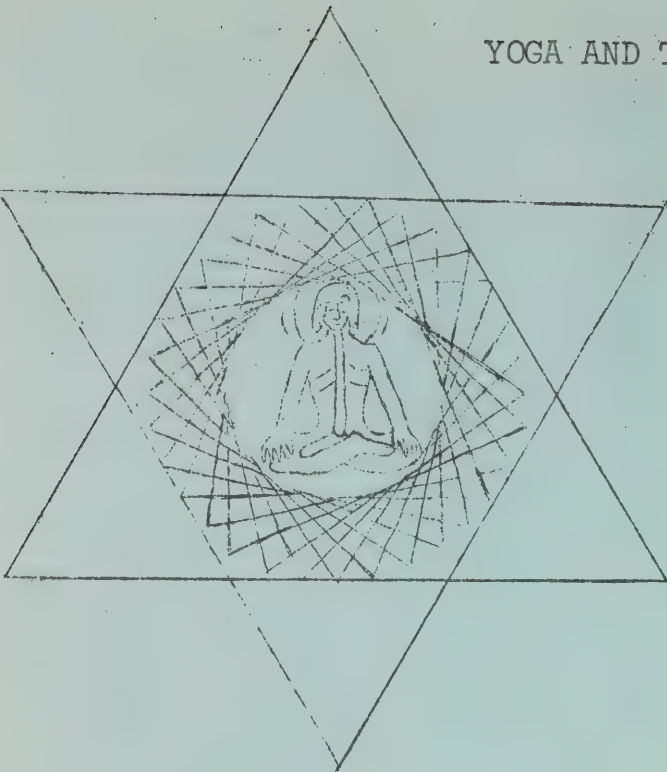
We remain then a law and order country and are known internationally as a law and order country. To quote the Harvard Law Review, "there is little question the police in Canada are less restricted than in many common law countries."

Remember the next time you watch Hawaiian Eye, or Police Story, or the Streets of San Francisco, or any of the other crime dramas on TV. The cop who arrests you may indeed be a skin head, but he's not KOJAK and the chances are he'll do his best to make you sing long before you get permission to phone your lawyer.

THE END.

*** this article is a reprint from the October 1976 edition of "OFF THE WALL" (Saskatchewan Penitentiary)

YOGA AND THE LONG TERM OFFENDER
by: Doug Forde



With the Penitentiary Service exploring different alternatives of life prison inmate rehabilitation, the system of Yoga has to date been found to be very successful in this regard, and I feel it is important that it be considered as a viable rehabilitation program for life prison inmates.

Yoga has always been specifically designed for rehabilitation. Indeed, it has from its inception been a positive science to totally transform and integrate the human personality to its highest potential on all levels; physical, emotional, mental, moral, intellectual and spiritual. As man is a composite whole of all these parts, Yoga has been very fittingly called THE SCIENCE OF MAN.

As Shri Yogendra, one of India's greatest yogins wrote, "the only problem with man is man, and anything done outside of himself, is impermanent and therefore unreal". The crux of yoga philosophy rests on the old belief that any attempts to achieve lasting happiness by changing man's outer environment are of little value. Man himself must change from within, including his perception of and interaction with, the world around him. Only when man builds a positive attitude to life, sublimates his lower emotional behaviour patterns for higher ones, and controls and develops his mind to the maximum, will he find the happiness he seeks. This is the purpose of yoga technology.

Since prison inmates are unable to change their environment, they are faced with changing themselves. With less outer stimuli to distract them and fewer responsibilities than people outside of prison, inmates in many cases have a greater chance of whole hearted participation and effort.

Any system of yoga, if it deserves the name, must encompass eight essential steps. Each step combines with the others, to educate and develop the whole man.

At the physical level, yoga is first a therapy. It assumes that man is afflicted with inherent weaknesses of some kind or another, and its initial purpose is to re-establish harmony and equilibrium throughout the body, externally and internally. It achieves this balance through both internal purificatory processes dealing with all important organs, and by yoga's highly acclaimed physical postures. Yoga's physical training is unique, being the only system that does not use up energy during practice. While other physical systems rely on repetition for exercise, yoga exercises are essentially static or motionless. Because of this, the body cells aren't forced to use up oxygen faster than it can be supplied by the respiratory system, creating neither an oxygen debt nor a lactic acid, carbon dioxide build up, found in repetitive exercise. The yoga postures are thus anabolic; they generate more energy than is expended with no fatigue.

Realizing long ago that endurance was far superior to strength, the yogins concentrated on nervous control rather than muscular size. Just as the amount of light a bulb can emit can be directly controlled by a dimmer switch, so can a person vary the amount of lift in a muscle simply by controlling the nervous energy to it. As in the bulb, it is the current of energy that is the important factor, and all yoga, even beyond the physical, centers around this control.

At the emotional level, the yogins understood the great influence the emotions exerted on the mind and body, and designed very precise steps to completely master both the senses and the emotional responses. It is a lack of emotional control that is largely responsible for crime and violence. Through mastery of the emotional responses, man gains control of himself, and develops the ability to live in harmony with society. While modern science, through psychology and psychiatry have uncovered the stimulus-response mechanisms only recently, the yogins understood them even before Patanjali set down the yoga system more than 2000 years ago.

Indeed, it is because of the lack of emotional control that modern man is afflicted with so many of his mental and physical diseases. As the pace of living increases with more environmental stimuli, the need for inner control will become widely accepted, including methods of achieving it. Barring this, man remains merely a reactive mechanism in the system, completely at the whim of the winds of his circumstances. Only a man who is undisturbed by the constant outer forces can truly be "in the world, but not of it". Through the cultivation of positive attitudes, a disciplined way of living and emotional control the yoga practitioner challenges even the laws of cause and effect, in an attempt to overcome the limits imposed on him by nature.

All yoga processes have been designed to bring about the complete development of man's highest tool, his mind. Patanjali, himself, the first exponent of the classic yoga system, described the goal of yoga, as "the complete restraint of all-movements of the personality complex" or total control of the mind. To accomplish such a task, it is no wonder that yoga insists on such an integrated technique. If the body was unhealthy the mind would be disturbed, causing greater problem. If the emotions were constantly in a flux a corresponding mental agitation would result. If a man led an immoral life he would constantly worry about reaping the inherent consequences of his actions. In fact, so interested is the yoga practitioner in total evolution and integration of himself, that all his thoughts and actions become part of an entire process to master himself.

In essence, yoga is all that is considered worthy of human accomplishment, and the exact means to achieve it. As the search for viable ways to bring about permanent changes in man in general, and inmates in particular, yoga will continue to represent the time tested method by which man can evolve himself. Truly the science which deserves consideration, as the right means, in a rehabilitation program which is now being planned.

- * Doug is the Director of The Kailash Classic Yoga Institute in Peterborough and once each week, journeys inside the gates, to instruct a class. The Warkworth "yogins", would like to express their thanks to Doug, the Administration, and anyone else involved in making Yoga in Prison possible.



CHRISTMAS CONCERT 1976 by: John Grimes #1614

A number of bands and musicians playing with a high degree of professional ability provided the dominant theme for this years Christmas Concert. Several individuals displayed virtuostic talents, exhibiting the depth required to perform in a variety of musical styles.

35 West opened the concert with a series of dynamic tunes which brought the show to a rock-on start. Of particular note was an original blues number written and sung by Dwight Thornton. The lyrics expressed some of the frustration of being a prisoner and the raucous singing of Thornton obviously came from gut level. The dexterous guitar work of Larry Beaudoin and Mike Saad was complemented by the solid bass of Rick Weber and the drumming of Ron Redsky. Other notable members of the band included:

Dave Jacobs-harmonica
Ted McCullogh-vocals
Rik Davie-drums

Mike Prior-bass guitar
Dave Scott-vocals
Gary Kunkel-vocals

Whiskers, a five man group, performed songs directed at a more middle of the road audience and were well received by our visitors. Their selections, Good to Be Back Home Again by John Denver and Try a Little Kindness by Glen Campbell, had lyrics appropriate to the concert setting and the Christmas season. The musicians from Whiskers were Rik Davie on drums, Paul Ridout, John Wray on guitars and vocals, and Jim O'Neil and Lindsay Welsh on guitars.

One of the highlights of the concert in both a musical and comic sense was Joe and the Cadillacs, a group of musicians dedicated to the style and rock n' roll of the fifties. Gary Elliott (the Fonze), revealed a flair for theatrics as well as a fine voice in such old gold hits as Sherry, White Sports Coat and Johnny B. Goode. "Almost Elvis" was the term used by the students of the William R. Kirk School of Belleville, in describing the swivel hipped vocalizing of Joe Soloman. Harmony vocals were handled with understated excellence by Bernie Lynch, Dave Scott and Dwight Thornton. Greg Boudreau on lead guitar and Rick Weber on bass combined to create the infectious rythmn of rock n' roll. The younger members of the audience reacted with enthusiasim to the music that started a revolution, while the older generation tapped toes to the classic sounds of their younger years.

The folk sounds of Randy Glynn and Company brought the concert to a slightly mellower pace compared to the harsh appeal of 35 West and Joe and the Cadillacs. The songs selected by the musicians in this group showed an appreciation of the talent of a rising Canadian songster, Murray McLaughlin. Each member demonstrated good musical sense in performing individually with restraint and highlighting the singing of Randy Glynn. Harmony vocalists were Dave Scott and Dave Arnold, on guitars were Rick Weber and Gary Kunkel, and on bass, Mike Prior.

Several duets, featuring musicians from the various bands, played folk songs during the breaks between the larger acts. All guitarists, they included, Larry Beaudoin and Lindsay Welsh, Gary Kunkel and Rick Weber, and Greg Boudreau and Mike Prior.

The Warkworth Players

Cuckoo's Nest Revisited was definitely the highlight of the dramatic side of the program. A stage adaptation of Ken Kesey's 'One Flew Over the Cuckoo's Nest', it was ingeniously modified to fit the requirements and limitations of a prison Christmas concert.

The actors themselves followed only a rough dialogue, varying their antics skillfully to meet the morals and humours of the changing audiences. The lead male role of Patrick McDurphy was portrayed with admirable zest by Brian Howe. In the Warkworth version, McDurphy became a zany longhair, alternately torn between the therapeutic value of a 10,000 volt buzz and the slightly more down to earth vibrations of his sweet talking girlfriend Blondie. Shy stuttering Billy Bibbet, played by Ron Mackenzie, somehow lost his virginity four times during a series of backstage one night stands. Two of the more visible nutbars of the Cuckoo's cast were Jim Dixon and Steve Kozak, who gave the audiences a variety of startling insights into the devious and twisted minds which roam the psychiatric wards. Cast as a slightly marinated vegetable confined to a wheelchair, Robin Thornton didn't have much of a burden remembering his lines. He did however, shake rough time throughout his entire performance. The imperturbable Miss Hatchet, alias Laurie Booth, drew the unenviable role of villainess and became the target of most of the plots physical and verbal abuse. (But those legs! Right On!) Chico, fast talking McDurphy's silent compadre, pushed a broom the first half of the play. During the second half, the Chief got a little more rambunctious, strangling and pummeling a few of the ward's employees after he consumed a potent mixture of Juicy Fruit gum and orange juice.

A group of budding actors played the roles of the nefarious hospital staff:

Doctors: Jim Banco, Steve Sinclair and Cliff Moreland

Attendants: Rick Burns, Fritz Forst

Security guards: Brian Roberts, George Lenneville

A star studded cast with ovations well deserved!

In addition to Cuckoo's Nest Revisited, there were two other short dramatic presentations. One, starring Ernie Suiden, was basically a Christmas story with an unhappy ending for a well meaning ex-convict. The plot itself was improvised by the actors according to the temperament of the audience. The Christmas Tree, a mime with a shallow but amusing plot, was performed ably by four silent individuals: Ron Southerland, Pierino Pezzi, Fred Eld and Bobby McGrath.

Bob Redman, danced his way into the hearts of the young audience, providing a bit of lighthearted entertainment with his wacky version of the Disco Duck. During the concerts for the retarded children, a number of garishly garbed clowns danced and amused the audience. The efforts of these performers should be acknowledged as they did much to set the atmosphere and enliven the waiting period between the stage acts. The students of the various schools who visited Warkworth enjoyed themselves immensely. A special treat awaited them upon departure; our own Santa Claus, Terry LaHay, bade them a hearty Merry Christmas and presented each with a small gift.

There were two M.C.'s for this years concert and although they started together, it became apparent that each had talents suited to different audiences. Dave Rattray was great with the kids who attended the afternoon shows, telling mild jokes and getting them to dance as soon as the music started. During the evening shows, he soon realized that his opposite number, Larry Bendyk was a graduate of the Don Rickles School of One Liners and he quickly faded from the scene. By Saturday, Larry had honed his wit to a razors edge and his commentary on that night was particularly well received. When you think about it, being humorous at a moments notice is difficult...especially when several hundred eyes are upon you. Thank you Larry and Dave.

The producer/director of "On an Evening Before Christmas" was Garry Beach. Garry is a veteran of seven Warkworth Christmas Concerts and this was constantly apparent in his able direction of a relatively inexperienced technical crew. In addition to his organizational work, Garry also wrote two of the skits; Who's On First and Christmas Spirit. From the impressions of our guests Garry obviously did a superb job. A sincere sentiment of Christmas spirit was evident throughout the entire evening. Thank you and encore Garry Beach!

The diligence and patience of all the concert workers contributed a great deal to the polished appearance of the finished product. Although impossible to name them all, THE OUTLOOK and inmates of Warkworth thank the men who gave their time and energy to the success of this years concert.

Several members of the cast deserved more than the casual mention that they have to date. Steve Kozak, as a clown, as a member of the Cuckoo's Nest and all round prankster, showed a special gift for improvising absurd and entertaining diversions. Larry Bendyk improved at a difficult job on each successive night. A large tip of the hat to Laurie and Blondie, who provided inmates and visitors alike with many provocative, amusing and raunchy interludes. Behind the scenes worker Robert Hay, did a super job as Audio Technician in keeping the sound system functioning reasonably consistently throughout the week.

The inmates of Warkworth invite all those who attended in 1976 and those who missed our concert, to attend and enjoy next years presentation of original entertainment.



*** On Saturday, Dec. 18, the inmates gave a Christmas party for the children of the men who did not receive T.A.'s during the holiday season. Funds for the party were donated by the guests and inmates at the Christmas Concert. Approximately fifty children enjoyed the antics of the clowns, the Woody Woodpecker cartoon show, the singing of Paul Ridout and of course, the mystical presence of Santa Claus. We extend our thanks to Geoff Daniels, staff co-ordinator, who's efforts and work made it all possible for the children.



Operation Springboard is an organization that has been helping inmates and their families since 1969. The work Springboard has accomplished to date deserves more than a simple "thanks", and there have been times when they didn't even receive that. For example, just over a year ago, the staff of Springboard worked for months without salary, while living on unemployment insurance benefits. In 1975, the inmates of Warkworth donated funds from the Christmas Concert and this money arrived at a time when Springboard needed it just to stay in operation. That donation and the determination of the people involved, allowed Springboard to operate until a govern-

ment grant arrived to financially supplement the year's budget. Springboard recently received word that their grant will not be renewed, ostensibly because the grant was intended for recreation purposes and Springboard's activities do not include recreation. Operation Springboard, a successful non-profit organization for seven years, has as it's sole purpose, the aid and counselling of inmates and their families. Whether Springboard enters an eighth year of successful service is up to us. If the most we can offer is our ideas and suggestions, then at least we have shown a part of our appreciation for past deeds.

The transportation of the families of inmates through it's bus service is Springboard's main project and I would like to explain the details for those inmates who are not aware of it. The Springboard bus provides inexpensive transportation for our families and friends from Toronto to the penitentiaries in the Kingston area five days a week (Warkworth receives service every Tuesday and every Saturday). A cost of seven dollars per person towards the bus operating expense is voluntary. I've stated that the cost is voluntary but if the normal expenses of a bus, plus a reasonable salary for the driver are summed up, it's a logical conclusion to assume that if a significant number of passengers are riding for free than the bus cannot operate. When your visitor phones volunteers who book the passengers for Springboard, they will be asked whether they can pay. This is done only so that the driver will know how much and from whom he must collect, thus saving those who cannot pay any embarrassment.

The bus is for everyone and it's certainly understandable that some individuals cannot afford to pay. It's hoped that those who can afford to pay will readily do so since Springboard cannot continue to operate without co-operation.

Springboard's secondary objective is counselling. This includes information and advice to the inmates as well as their families on the street. In the near future, the director of Springboard's main office will be sending an article to this paper outlining their family counselling program, and it is hoped that it will be available for the next issue of THE OUTLOOK.

Jim Carnegie, Springboard's inmate counsellor, is available for interviews with Warkworth inmates each Tuesday. The substance of these interviews is pretty well up to the individual. Some men simply feel the need to speak to someone in contact with the outside world, others may have a message

for a lawyer or someone they can not get in touch with. Jim has also helped inmates by sponsering them for T.A.s or with other such matters concerning T.A.s.

Last but not least in importance, is the Springboard Information Centre, at the main office in Toronto. Anyone wishing more specific information on various institutions or needing a liason with an institution, should contact this office. If someone you know wishes to book a ride on the bus, please have them phone: (416)863-6198 or (416)863-6199. From there they will be given direct numbers to the volunteers. Anyone wising an interview with Jim Carnegie should contact Dave Todd in 8 Block or Robin Thornton in 9 Block, or submit a request to #3 Building. Ideas or suggestions relating to Operation Springboard should be sent to Jim Carnegie or the Springboard Director, Doug MacLaurin, Operation Springboard, 315 Dundas Street East, Toronto, Ontario M5A 2A2. Letters may also be addressed in care of THE OUTLOOK.

Springboard would like to expand, but at the moment there is a question whether it will have the financial resources to continue operating next year. Springboard's purpose is to assist our families and friends. Let's help them and help ourselves.

THE FOLLOWING IS AN OPEN LETTER TO THE POPULATION...

December 14, 1976

The Producer, Director, Cast and Crew,
Warkworth Penitentiary Christmas Show,
Warkworth, Ontario

Gentlemen:

Last Wednesday I had the privilege of taking a car load of children from Trent House at Brighton Public School to your children's show.

I would like to thank all participants for their kindness to the children and their hospitality to both the children and the teachers. The program was highly entertaining to both myself and the children with me. You are talented musicians and actors.

On behalf of the children and teachers at Trent House, may I wish you a Merry Christmas and a Happy New Year.

Sincerely,

W. Bridge
Vice-principal
Brighton Public School

"Consideration is the key to human happiness. If a child is taught to be truly considerate of others...their feelings, their time, their words, their actions, their rights and their property...what laws or whose commandments can that child break?"

Bill Sands, "My Shadow Ran Fast"



by: Roger Oake # 875

WARK "WORST" 1976 SPORTS BANQUET

This years banquet, in the view of most participants, was unanimously recognized as a "flop." We did, however, have the honour of entertaining some very distinguished guests, such as - Ray Boucher - Sportscaster for CJOH-TV Ottawa, and columnist for the Montreal Express; Claude Raymond, who played Major League Baseball for 17 years, with such notable teams as, Milwaukee Braves, Houston Astros, Atlanta Braves, and the Montreal Expos; and Jack Shrub - Vice President of the Peterborough Petes, who offered free tickets to the home ice games, for anyone being granted a T.A.

In previous years, we are led to understand that all sports participants were invited to the banquet. For reasons not yet clear, this years' list of invites, was limited to a certain small group, which, accordingly chose not to attend the dinner itself, in view of the fact that the general population, who participated in the Sports Activities, felt excluded.

It is felt that the majority of inmates showed up solely out of respect for the guests having driven hundreds of miles. Certainly it wasn't for the festive spirit of the banquet. As one guest suggested, it was the worst banquet he had ever attended.

In interviewing Joe Vinkle, he stated that he agrees the banquet was poorly brought forth, but he also stated, (with Mr. Brazeau's support) that next year we will revert back to the old way of holding a banquet, whereby all sports participants will be invited.

One good item I might add, is that we have some new Recreation Officers, and in listening to some of their ideas, I sincerely believe that next years sports program, will be much better than at present. In summing up, as Robin Thorton, an inmate who has spent 3 years in the sports program suggested, "On an overall basis, things are slowly being taken away from us, here at Warkworth, and, on a daily basis we don't really realize this is happening until something like the Sports Banquet makes it apparent."

Following is a list of inmates who recieved an award for their Sports Achievements.

Minor Softball
Season Winners (8) block

D. Jolie
S. St. Croix
M. Ranger
J. Lazaroff (Trans.)
B. Parker (Trans.)
E. Bissonette (Trans.)
P. Holt
D. Scott
T. St. Marie
R. Robertson
G. Ross
F. Collins
G. Hathaway
H. Owens (Day Parole)

Minor Softball
Playoff Winners 11 block

R. Oake
Davies (Release)
R. McCoy
C. Cobierre (Trans.)
L. Egypt
E. Bodechon
B. Walker
H. LeClaire
T. LaHay
G. Vachon (Trans.)
B. Rogers
R. Devries
D. Golding

Individual Achievement Awards for Minor Baseball.

Best Player D. Jolie
Most Gentlemanly Player - Bodemer (8 Block)
Most Valuable Player - Season - S. St. Croix (8 Block)
Highest Batting Average - H. Owens (8 Block)
Most Valuable Player - Playoffs - E. Bodechon (11 Block)

Major Softball
Season and Playoff Winners - Expos #8 Block

D. Todd (Coach)
D. Johnson
T. Connolly (Trans.)
S. Berry
P. Beaudoin
M. Rivard
J. Solomon
W. Solomon (Released)
G. Stewart
D. French
D. Robinson
G. Brandt
S. Willis
R. Woodcock
N. Beeman (Trans.)

Individual Achievement Awards
for Major Baseball

Best Pitcher W. Solomon
Most Gentlemanly Player- M. Murphy
Most Valuable Player Season
B.K. Lynch
Highest Batting Average - . . .
B.K. Lynch
Most Valuable Player Playoffs
S. Berry
Most Valuable Player Allstar
R. Dankwardt

Athelete of the day was locked
up by Dave White of 10 block, who
"ran" away with most of the awards.

Soccer 1976

Season Winners - Devils

P. Pezzi	J. Solomon	R. Dagenais
R. Oake	C. Allen	T. LaHay
B. Roberts	M. McPhee	W. Solomon
L. Welsh	A. Green	R. Sutherland
B. Robinson	S. LaPlante	L. Johnson

Playoff Winners - Blitzhawks

D. White	B. Desemeules	J. Peters
R. Sokolowski	N. Mason	C. Corbierre
J. Ivaska	R. McCoy	M. Guiliani
C. Cairns	R. Dankwardt	D. Gallizzi
J. (the D.) Dixon	D. Arnold	B. Samuels

Individual Awards for Soccer

Most Valuable Player - Season - M. Rocco (#8 Block)
Most Valuable Player Playoffs - M. Guiliani (#8 Block)
Most Valuable Player Allstar - R. Jackson (#9 Block)

Flagfootball 1976



The flagfootball ended on a rather surprising note. Number 9 living unit, who stood at the bottom of the league at the end of regular season play, staged a dramatic comeback in the semi-finals, and finals of the season. In the semi-finals, #9 block beat first palce, and heavily favored #8 block, by a score of 32 to 18. With this win, and a lot of confidence, they came roaring into the final game with very high spirits, despite the raw, cutting wind that made temperatures drop sharply. In the first

half, the score between #10 block and #9 block wavered back and forth, with neither team holding the lead more than 10 minutes each. Come the final half, #9 block just blanketed the field with their superb offense and defense, and shut off the running and passing game of #10 block, and forcing them to repeatedly turn over the ball. At the end of the action packed game, the final score was, #9 block 45 and #10 block 33.

Here is a list of the players from the #9 living unit winners.

	L. Johnson	G. Ellis
	R. (bushman) Sutherland	R. Burns
	M. McPhee	P. Pezzi
R.	R. Conlon	C. Carians
	N. Maclean	P. Laroach
	T. Reader	
	D. Thorton	
	R. Mackenzie	

PRISON PUZZLE



"FIND THE HIDDEN MESSAGE"

Look for the list words in the maze. They run horizontally, vertically and diagonally in either direction. Mark off the words as you find them, but don't obscure a square because any one letter could be a part of two or more words crossing or overlapping. When you have located all the list words, note the unused letters in the maze. In order from left to right, top to bottom, they will spell out the hidden message.

Acid
Acidhead
Addicts
Alcohol
Aspirin

Barbituates
Bomber
Booze
Bust

Cocaine
Coffee
Cost
Court

Dimes
Dopers
Downers
Drinking drivers
Drug

Eating

Fence
Freaks

Hassles
Hit
Horse

Medicine

Narc
Nicotine

Parties
Possession
Prescriptions
Pot

Reefer
Ripoff

Scene
Seconal
Shoot

Skin fans
Sleeping pills
Smuggle
Spirits
Stuff

Toke

User

Valiums

Wasted
Weeds

S	N	O	I	T	P	I	R	C	S	E	R	P	L	L	C
R	R	E	E	F	E	R	E	E	T	E	W	B	E	A	O
E	S	E	L	G	G	U	M	S	B	A	A	S	C	N	U
N	H	W	V	A	L	I	U	M	S	R	L	G	N	O	R
W	O	E	A	I	D	B	O	T	B	L	C	F	E	C	T
C	O	E	P	F	R	B	E	I	I	C	O	F	F	E	E
D	T	D	N	O	F	D	T	P	T	I	H	O	R	S	E
S	R	S	A	I	T	U	G	N	A	L	O	P	E	B	I
N	Z	U	C	A	N	T	N	I	R	L	I	A	O	E	
A	H	R	G	T	I	C	I	S	I	C	T	R	K	O	N
F	A	U	E	P	E	D	O	R	P	K	O	I	S	Z	I
N	S	S	E	E	O	K	H	C	I	I	N	T	E	E	C
I	S	E	N	P	D	P	O	E	O	P	R	I	I	S	I
K	L	R	E	I	G	N	I	T	A	E	S	I	R	N	D
S	E	R	C	O	S	T	C	I	D	D	A	A	T	D	E
T	S	A	S	N	O	I	S	S	E	S	S	O	P	S	M



"ENOUGH HOROSCOPE HERE TO LAST A WHOLE YEAR"
(as read in the stars for 1977)



AQUARIUS (Jan. 20-Feb. 18) You have an inventive mind and are inclined to be progressive. You lie a great deal. On the other hand you are inclined to be careless and impractical, causing you to make the same mistakes over and over again. People think you are stupid.

PISCES (Feb 19- Mar 20) You have a vivid imagination and often think you are being followed by the C.I.A. or R.C.M.P. You have minor influence over your associates and people resent you for your flaunting of your power. You lack confidence and are generally a coward. Pisces people do terrible things to small animals.

ARIES (Mar 21- Apr 19) You are the pioneer type and hold most people in contempt. You are quick tempered, impatient and scornful of advice. You are not very nice and often seen loitering in bus station washrooms.

TAURUS (Apr 20- May 20) You are practical and persistent. You have a dogged determination and work like hell. Most people think you are stubborn and bull-headed. Taurus people have body odor and tend to expell gas in the presence of the opposite sex.

GEMINI (May 21- June 20) You are a quick and intelligent thinker. People like you because you are bisexual. However you are inclined to expect too much for too little. This means you are cheap. Gemini people are known to enjoy young wine and old women.

CANCER (June 21- July 22) You are sympathetic and understanding to other people's problems. They think you are a mark. You are putting things off. That's why you'll make absolutely nothing of yourself. Most welfare recipients are Cancer people.

LEO (July 23- Aug 22) You consider yourself a born leader. Others think you are pushy. Most Leo people are bullies. You are vain and dislike honest criticism. Your arrogance is disgusting. Leo people are thieves.

VIRGO (Aug 23- Sept 22) You are the logical type and hate disorder. This nitpicking is sickening to your friends. You are cold and sometimes fall asleep while making love. Virgos make good bus drivers.

LIBRA (Sept 23- Oct 22) You are the sarcastic type and have a difficult time with reality. If you are a man you are probably queer. Chances for employment and monetary gains are excellent. Most Libra women tend to go bald.

SCORPIO (Oct 23- Nov 21) You are shrewd in business and cannot be trusted. You will acheive the pinnacle of success because of your total lack of ethics. Most Scorpio people are Fuller brushmen graduates.

SAGITTARIUS (Nov 22- Dec 21) You are optimistic and enthusiastic. You have a reckless tendency to rely on luck since you lack talent. The majority of Sagittarians are drunks or dope fiends. People laugh at you a great deal.

CAPRICORN (Dec 22- Jan 19) You are conservative and afraid of taking risks. You don't do much of anything and are lazy. There has never been a Capricorn of any importance. Capricorns should avoid standing too long as a dog might mistake you for a fire hydrant.



RECOMMENDED READING FROM THE LIBRARY

by: Bruce Pearce



Bruce Pearce, Warkworth's new librarian, has shown an interest in helping the inmates achieve better use of our library facilities. The staff of THE OUTLOOK hopes that the inclusion of a regular column of book reviews will provide the inmates with some guidance in selection of reading material from the sometimes confusing array of titles available at the library.

1. William Stevenson, the author of A Man Called Intrepid, has written the history of the raid by Israeli commandos on Enttebbe Airport which occurred in July of this year. The raid was staged by the Israelis to rescue the passengers aboard the hijacked Air France plane re-directed to Uganda by PLO guerrillas. The book called Ninety Minutes at Enttebbe, makes excellent reading about a real-life event that makes much fiction seem pale by comparison.
2. For an equally fascinating "adventure" story, where the good guys and bad guys are ideas, try Zen and the Art of Motorcycle Maintenance by, Robert Persig. Here the author is on the trail of ideas to live. His thoughts unroll while he crosses the United States on a motorcycle with his son. This is a book that is hard to describe and hard to judge, as it is unlike any book you are likely to ever read again. It is not exactly about motorcycle maintenance and it is not exactly about Zen, yet it has something to say about both and much more besides.
3. Find Warkworth a little confining? Try a trip through Asia. Paul Theroux in The Great Railway Bazaar describes his journey by train from London England through Asia to Japan and back again. He describes the people, cities and countries as he passes from one city to the next: Istanbul, Tehran, Bangalore, Mandalay, Bangkok, Singapore, Tokyo, Irkrusk and so on.
4. This years' winner of the Nobel Prize for Literature is Saul Bellow, an American novelist with eight novels to his name. His books are not all equally readable, but his latest work, Humboldt's Gift, a semi-autobiographical novel and an earlier work, Henderson the Rain King, the story of a middle aged American who discovers himself when he becomes the rain king of an African tribe, are both very enjoyable books.
5. Shaking It Rough by Andreas Schroeder is the prison memoir of a young Canadian writer who did time in British Columbia on a dope conviction. This book describes his observations and feelings while in the pen. It has been highly praised on the outside, but an inmates reaction may be different. Try it and see what you think.

" The progress from an absolute to a limited monarchy, from a limited monarchy to a democracy, is a progress toward a true respect for the individual. Is a democracy, such as we know it, the last improvement possible in government? Is it not possible to take a step further towards recognizing and organizing the rights of man? There will never be a really free and enlightened State, until the State comes to recognize the individual as a higher and independent power, from which all its own power and authority are derived, and treats him accordingly."

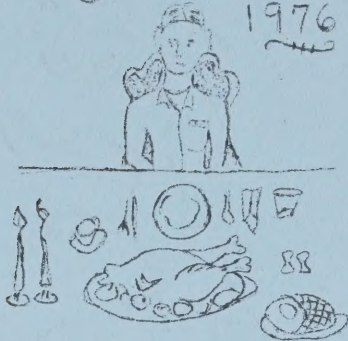
Henry David Thoreau

WARKWORTH JAYCEES CELEBRATE 3rd. ANNIVERSARY

by: Russell Newman #363

J.C. BANQUET

1976



On October 30, 1976, the Warkworth Jaycees celebrated their 3rd. anniversary in host of outside J.C. members representing various chapters in the area from as far away as Toronto.

A superb dinner, served on real glass plates with table clothed tables and inmate waiters, truly displayed the gourmet abilities of the kitchen staff. To drink from a "glass" glass and fumble with real coffee cups (not a plastic mug) was a treat in itself.

The theme of the evening was "To End Jaycee Week in the Clinck", and aside from spending an enjoyable evening with outside guests, the Warkworth Jaycees managed to

raise enough money to enable the mentally retarded children in the area to attend the Warkworth Christmas Concert.

During the evening, speeches were heard from such notables as Mr. Glenn Hainey, the Assistant to the Ontario Ombudsman and from Mr. Walter Fox, lawyer and outspoken critic of Canadian Law. Mr. Hainey talked about the role of the Ombudsman, not only in the provincial and federal penitentiaries, but also as a direct assistance or referral agency to some 8½ million people throughout the province. Mr. Fox's most informative and thought provoking talk somewhat dumbfounded the local Jaycee members. He talked of the misconceptions the public has as to how the criminal justice system works, stressing the fact that the Canadian public is misguided in thinking Canadians are allowed the same rights as U.S. citizens. (We have in this issue, some of the very poignant aspects of his speech, in an article entitled "Police Powers and Civil Rights")

Following Mr. Fox's speech, the National Vice-President of the Jaycee's, Mr. Lloyd Stockdale spoke of the activities of Jaycees' week and suggested that more Temporary Absence passes be granted to Warkworth Jaycees. The evening was concluded with a tongue-tied yet sincere speech by Jim Dixon the Warkworth Jaycees President, in which he expressed his appreciation to all in attendance.

The turkey dinner, the extra glass of milk and the appeasing conversation, instilled in the inmate more socialization and rehabilitative inclinations than twenty years of fruitless incarceration would ever offer. An all round good evening. *****

ANOTHER ENJOYABLE EVENING? Last night, Dec. 29th., THE ISLAND PLAYERS, a group of six actors and actresses from the Toronto area visited Warkworth and performed before a most attentive audience, the 'folk opera' ON THE ROAD TO CHARLETOWN. Written by Milton Acorn, it was a most light-hearted satire about the struggles of the people of Prince Edward Island prior to confederation. THE ISLAND PLAYERS operate on a shoe-string of a budget sponsored by the Theatre Puisse Muraille and are currently journeying in their "trustworthy" truck to the various prisons in the region. THE OUTLOOK hopes the C.P.S. recognizes the need for such social/cultural performances, and from the applause and comments of the departing inmates, we encourage more of the same. We extend our thanks to the players, Cedric Smith, Steven Bush, Gary McKeehan, Susan Hogan, Dorit Learned and Jerome Jarvis, to Dave Larcombe our social/cultural officer, and to all others that helped to bring a little color and culture to our otherwise 'isolated' existence.

VOTE OF THANKS

This is quite probably untimely nor even need be said, but I feel these words must be written irregardless. I am of course referring to the Christmas Concert. Doing time is, in itself, a dull and inhuman feat, but because of the unselfish acts of fellow inmates in the production of events, such as the concert, make this task a good deal easier to bear. A great deal of thanks must be extended to These people.

To the organizers and producers of this years concert, which can at times be an ungrateful task
-thanks

To the Masters of Ceremonies team which can, without upstaging the superb efforts of the showmen, be the hardest part of any production
-thanks

To the entertainers who gave their nothing short of all
-thanks

To all the "nameless", behind the curtains, people who without, the show would have been impossible
-thanks

And last, but not least, a special thanks to Kojak, without whose special comic efforts the show would not have been quite the success.

This type of thing brings out the true spirit, the heart of gold, from under our otherwise hard exteriors. One of the MC's Larry, summed it up best, "These are the guys I'm proud to do time with." I can't help but agree. Again thanks, one and all, for a show that I doubt I'll ever forget.

Kim Zuters #1413
Lenny Pigeau #2046
Phil Atkinson #1800

RESTING PLACE by: D. Tutty #7526

When we think that we have reached the end
we must have faith and love,
stand tall,
and look beyond,
for it is just a bend in the path of life.

When the path of life seems long,
as we strive throughout the years
with heavy hearts,
that sometimes ache,
with eyes holding rivers of tears.

We may falter, we may fall
being weary we sink beside the way
but something down deep
inside of us, whispers, child,
tomorrows another day.

Then the path will get much smoother
the hills and gullies
much easier to face
so don't be dishearted or have
despair - have faith my love,
it's just a resting place.



"The mood and temper of the public with regards to the treatment of criminals is one of the unfailing tests of the civilization of any country... We must not forget that when every material improvement has been effected in the prisons, when the temperature has been rightly adjusted, when the proper food to maintain health and strength has been given, when the doctors, chaplains and prison visitors have come and gone, the convict stands deprived of everything that a free man calls life."

Winston Churchill



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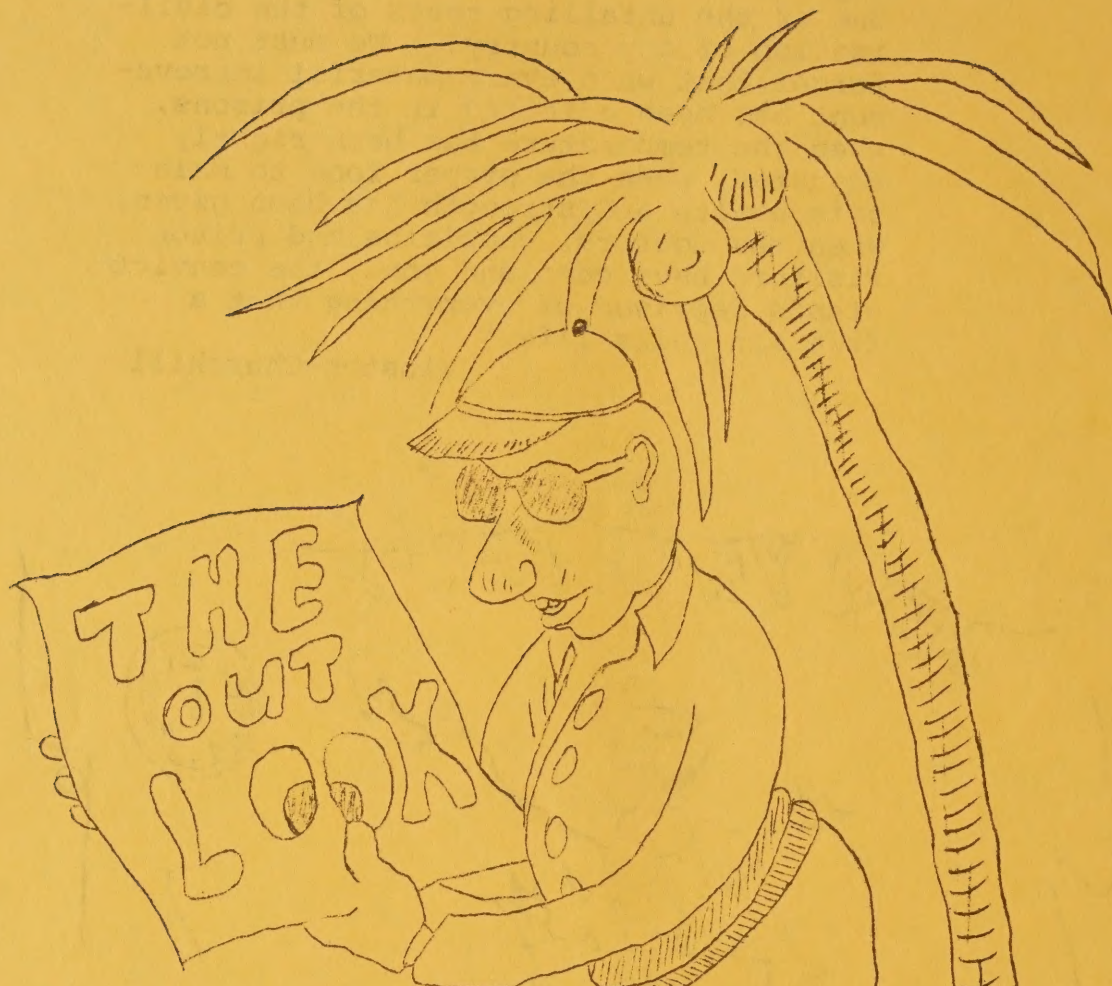
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...next issue THE OUTLOOK
will explore the alternative
"PRISONS IN THE NORTH"

